



PHYSICAL FITNESS TEST BATTERY STANDARDS

You will be given at least 7-10 minutes to warm up on the day of the testing. The warm up will consist of 2-3 minutes of easy jogging, jumping jacks, squat-thrusts, etc. and 5-7 minutes of stretching for shoulders, back, upper and lower legs.

The Physical Fitness Test Battery itself consists of the following tests and standards:

TEST EVENT	STANDARD
Number of sit-ups in one minute	15
Number of push-ups (no time limit)	18
300 Meter Run	77 seconds
1.5 Mile Run/Walk	17:17 minutes/seconds

Sit-Up Test – measures the muscular endurance of the abdominal muscles, which is important for performing tasks that involve the use of force, and helps maintain good posture and minimize lower back problems. Applicant will lie on his/her back, knees bent at a 90° angle, and heels flat on the floor. Hands should be interlocked behind the head, with elbows out to the sides. Evaluator will hold down the feet. Applicant must touch the elbows to the knees and return to the lying position (shoulder blades must touch the floor) before starting the next sit-up.

Push-Up Test – measures the muscular endurance of the upper body muscles in the shoulders, chest, and the back of the upper arms (the extensors), which is important for use of force involving any pushing motion. The applicant will get down on the floor into the front lean and rest position. He/she will lower the body until the upper arms are parallel to the floor and then push up again. The back must be kept straight, and in each extension up, the elbows should lock. Resting in the **up position only** is allowed.

300-Meter Run Test – measures anaerobic capacity, which is important for performing short intense bursts of effort such as foot pursuits, rescues, and use of force situations. Applicant is given one minute to warm up. Applicants then line up on the starting line and given the command "Go". Applicants should run the distance as fast as possible. Time is kept to the nearest tenth of a second.

1.5 Mile Run/Walk Test – measures cardio respiratory endurance or aerobic power, which is determined by the body's ability to transport and utilize oxygen to produce energy. This is important for performing tasks involving stamina and endurance (pursuits, searches, prolonged use of force situations, etc.) and for minimizing the risk of cardiovascular health problems. Applicants should warm up and stretch before the run. Applicants should start at a pace they feel they can sustain for 10-15 minutes (not too fast). Applicants will start from a starting line with a "Go" command. Applicants will complete six laps around the track. Applicant should then cool down by walking for another five minutes or so after completing the run to avoid blood pooling in the legs. Walking will enhance the return of blood to the heart and aid recovery.